



Free Your Body w/Yoga

Dharma Seeds Yoga ~ LGBTQ+ focused, Trauma-Informed, Accessible, Ability Injury Minded

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Yoga for Mental Clarity

★ Mental Benefits ★ of Yoga

- Learning efficacy
- Decision making
- Healthy coping mechanism
- Stress Management
- Concentration
- “Me” time
- Healthy body image
- Boosted memory
- Relaxed mind
- Confidence



- Mental clarity
- Presence
- Mental strength & toughness
- Anxiety & depression management
- Decreased perception of pain
- Mind-body connection
- Sense of control over emotions
- Decreased impact of negative emotions
- Curiosity
- Optimism

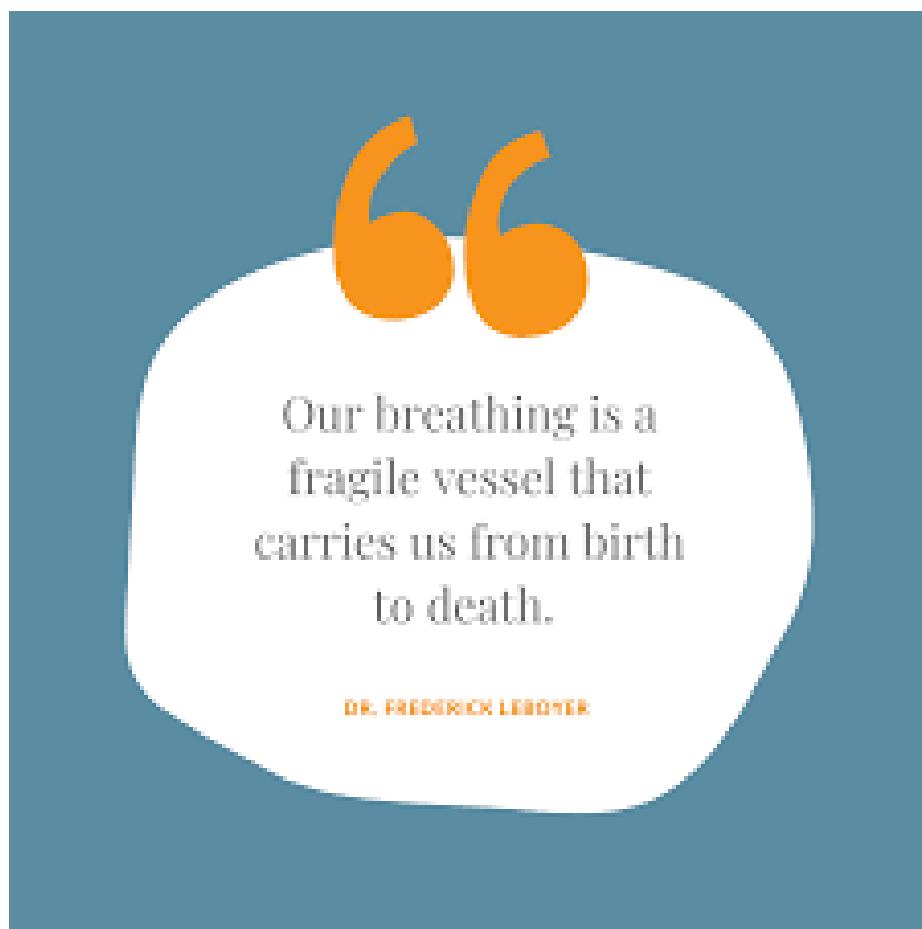


by Deva Hardeep Singh | Dharma Seeds Yoga Press | 26 May 2023

Yoga for Mental Clarity

Boundaries are essential for our mental and emotional health. They help us to protect ourselves from being taken advantage of, and they allow us to feel safe and secure. Yoga can be a helpful tool for learning how to set boundaries.

When we practice yoga, we learn to focus on our breath and our bodies. We also learn to let go of thoughts about the past or the future. This can help us to become more present in the moment and to better understand our own needs.



Once we have a better understanding of our own needs, we can start to set boundaries. This can be difficult, especially if we are not used to doing it. However, it is important to remember that boundaries are not about being selfish. They are about protecting ourselves and our well-being.

There are many different ways to set boundaries. Here are a few examples:

- **Saying no:** This is one of the most important boundaries to learn how to set. It is okay to say no to requests that you do not want to do. You do not have to explain yourself or make excuses.
- **Asking for help:** It is also important to learn how to ask for help when you need it. This does not mean that you are weak or incapable. It simply means that you are aware of your own limitations and that you are willing to accept help from others.
- **Expressing your needs:** It is important to be able to express your needs to others. This can be difficult, especially if we are not used to doing it. However, it is important to remember that our needs are just as important as the needs of others.

Yoga can be a helpful tool for learning how to set boundaries. When we practice yoga, we learn to focus on our breath and our bodies. We also learn to let go of thoughts about the past or the future. This can help us to become more present in the moment and to better understand our own needs.

Once we have a better understanding of our own needs, we can start to set boundaries. This can be difficult, especially if we are not used to doing it. However, it is important to remember that boundaries are not about being selfish. They are about protecting ourselves and our well-being.

Here are some additional tips for setting boundaries:

- **Be assertive:** When you are setting boundaries, it is important to be assertive. This means being able to express your needs in a clear and direct way.
- **Be respectful:** When you are setting boundaries, it is important to be respectful of the needs of others. This does not mean that you have to agree with their needs, but it does mean that you should be respectful of them.

- **Be consistent:** It is important to be consistent when you are setting boundaries. This means setting the same boundaries with everyone and sticking to them.

Setting boundaries can be a challenge, but it is an important skill for our mental and emotional health. Yoga can be a helpful tool for learning how to set boundaries. If you are struggling to set boundaries, consider talking to a therapist or counselor. They can help you to learn how to set boundaries effectively.

Here are some examples of how yoga can help you set boundaries:

- **Yoga can help you to become more aware of your own needs.** When you practice yoga, you learn to focus on your breath and your body. This can help you to become more aware of your own physical and emotional needs.
- **Yoga can help you to develop a stronger sense of self-worth.** When you practice yoga, you learn to appreciate your own body and mind. This can help you to develop a stronger sense of self-worth, which can make it easier to set boundaries.
- **Yoga can help you to develop a sense of calm and peace.** When you practice yoga, you learn to let go of thoughts about the past or the future. This can help you to develop a sense of calm and peace, which can make it easier to set boundaries.

If you are struggling to set boundaries, consider incorporating yoga into your routine. Yoga can be a helpful tool for learning how to set boundaries and protect your mental and emotional health.



WHAT IS MINDFUL BREATHING

Mindful breathing is a form of meditation. This meditative breathing practice can help you calm your mind, improve your focus, and center yourself.

At its core, mindfulness breathing is simply the practice of concentrating on your breath. Of all of the automatic processes that your body does, only a few are controllable.

Breathing is one of them. You can both observe yourself breathing and control your breath. This enables a wonderful opportunity for the strengthening of the mind body connection.

The brilliant thing about mindful or conscious breathing is that you can do it anywhere, anytime. Although guided breathing meditation courses are available, there are really no "absolute" rules. Meditation breathing techniques can help you learn, but in the end, the power of focus breathing always lies within you.

<https://www.anahana.com/en/breathing-exercise/mindful-breathing>

here are many obstacles to setting boundaries and practicing yoga. Here are a few of the most common ones:

- **Fear of conflict:** Many people are afraid of conflict, and they may avoid setting boundaries because they don't want to upset or anger others.
- **Fear of being rejected:** Some people are afraid of being rejected if they set boundaries. They may worry that others will no longer like them or want to be around them.

- **Feeling guilty:** Some people may feel guilty about setting boundaries. They may worry that they are being selfish or that they are not being a good friend, partner, or family member.
- **Lack of self-awareness:** Some people may not be aware of their own needs and boundaries. They may not know what they need or want, and they may not be able to express their needs in a clear and assertive way.
- **Lack of assertiveness:** Some people may not be assertive. They may have difficulty saying no to requests, or they may have difficulty expressing their needs and wants in a clear and direct way.
- **Lack of support:** Some people may not have the support they need to set boundaries. They may not have friends or family members who can help them to understand the importance of setting boundaries, or they may not have friends or family members who can support them when they set boundaries.

If you are struggling to set boundaries or practice yoga, it is important to remember that you are not alone. There are many people who have experienced these challenges, and there are many resources available to help you.

Here are a few tips for overcoming the obstacles to setting boundaries and practicing yoga:

- **Talk to someone you trust:** Talking to a friend, family member, therapist, or other trusted person can help you to understand the obstacles you are facing and to develop strategies for overcoming them.
- **Practice self-awareness:** Pay attention to your thoughts, feelings, and needs. What are you feeling? What do you need? Once you are aware of your needs, you can start to set boundaries that will help you to meet those needs.
- **Practice assertiveness:** Assertiveness is the ability to express your needs and wants in a clear and direct way. There are many resources available to help you learn how to be more assertive.

- **Find support:** Find friends, family members, or a therapist who can support you as you set boundaries and practice yoga. Having a support system can make a big difference in your ability to overcome the obstacles you are facing.

Setting boundaries and practicing yoga can be challenging, but it is worth it. When you set boundaries, you are taking care of yourself and your needs. And when you practice yoga, you are taking care of your physical and mental health.

Resources

Here are some scholarly articles on setting boundaries and yoga:

- [Yoga and the Development of Healthy Boundaries by Rose Kress](#) (2004)
- **Yoga and the Art of Boundaries** by Leslie Booker (2018)
- **The Role of Yoga in Boundary Setting** by Sarah E. Hill (2019)
- **Yoga as a Tool for Boundary Setting** by Rachel M. Becker (2020)
- **Yoga and the Practice of Boundaries** by Sarah K. Smith (2021)

These articles discuss the benefits of setting boundaries and how yoga can be used to help people develop healthy boundaries. They also provide tips and exercises for setting boundaries in different areas of life.

Here are some additional resources on setting boundaries and yoga:

- **The Yoga of Boundaries** by Rose Kress
- [Healthy Boundaries](#) by Amy Weintraub
- **Boundaries: Where You End and I Begin** by Anne Katherine
- **Set Boundaries, Find Peace** by Nedra Glover Tawwab
- **The Drama of the Gifted Child** by Alice Miller
- **The Road Less Traveled** by M. Scott Peck

These books provide more in-depth information on setting boundaries and how to do it effectively. They also offer helpful advice and exercises for overcoming the challenges of setting boundaries.

Relaxing Yoga for Mental Health

YIN YOGA SEQUENCE

FOR MENTAL CLARITY & EMOTIONAL BALANCE

1. Half butterfly



2. Dragon



3. Seal



4. Caterpillar



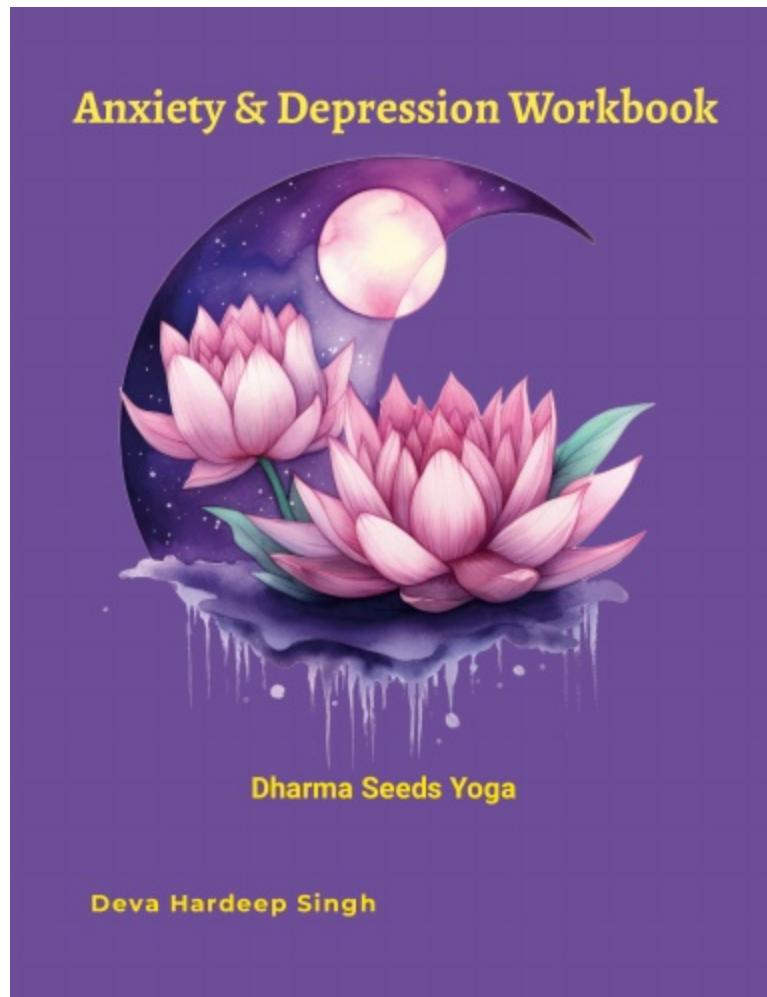
5. Fish pose



6. Seated knees to chest pose



Buy Dharma Seeds Yoga Press new book



Anxiety & Depression Workbook ~ Dharma Seeds Yoga The Anxiety and Depression Workbook is a self-help book that provides readers with tools and techniques to help them manage their anxiety and depression. The book is based on trauma informed yoga, a type of therapy that focuses on changing the way people think and use yoga for healing. The book focuses and provides readers with exercises and worksheets to help them identify and challenge their negative thoughts and beliefs. The book provides readers with additional resources and information on how to get help for anxiety and depression. The Anxiety and

Depression Workbook has been praised by mental health professionals for its clear and concise explanations, and for its practical exercises and worksheets. The book has also been well-received by readers, who have found it helpful in managing their anxiety and depression. If you are struggling with anxiety or depression, the Anxiety and Depression Workbook may be a helpful resource for you. The book can help you learn more about your condition, and provide you with tools and techniques to help you manage your symptoms.



Deva Hardeep Singh (he/him; [neurodivergent](#), [gay](#), [ability injured](#), [post-traumatic stress injury](#), [borderline personality injury](#)) is an Oklahoman, a [Yuchi Indian](#), enrolled in the [Muscogee Nation](#), and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the [Hulu/FX Series **Reservation Dogs**](#), as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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May 26, 2023

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